WE ALL WANT TO BE FIT LIKE MARIA MENOUNOS

IT'S A GOOD THING HER PLAN IS FOR "EVERYGIRL." PAGE 25

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Creativity. Artistic hub flourishes in Staten Island

PAGE 02

TV. Watch Prop 8 defeated in new HBO documentary

PAGE 22

Jobs. Performance reviews can actually be productive

PAGE 26

No luck of the draw. Portugal scored a stunning game-tying goal in the 95th minute with the Americans on the verge of advancing to the knockout round.

You again. U.S. head coach Jurgen Klinsmann faces Germany, which he led to the 1990 World Cup title, with one last shot to advance.

PAGES 28-29

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1 NEWS

Today's tweet

"New York is going to legalize medical marijuana. The "city that never sleeps" may soon become the "city that sleeps in till noon.""

@bettemidler

Top 3

What's trending online at Metro.us

1 'VIDEO: Choreographer Yanis Marshall performs epic Beyonce dance medley'

2 'Donald Sterling tried to ruin Chris Paul's marriage'

3 'Alexi Lalas has a band, and it's as bad as you'd expect'

Welding teacher Luke Gayford, left, talks with students before class. Founders DB Lampman and Scott Van Campen, at right, stand inside the Staten Island MakerSpace./ BESS ADLER, METRO

Maker community expands offerings

After Sandy. Artists are adding onto a workshop that gives Staten Island residents a place to follow their muse.

In a 6,000-square-foot workshop under the Staten Island Railway, on the borough's north shore, sculptors DB Lampman and Scott Van Campen are attempting to build something: community.

"We're trying to establish a new normal," Van Campen said.

The married couple opened the Staten Island MakerSpace, a nonprofit workshop, a year after their Stapleton studio was flooded with more than three feet of water during Superstorm Sandy.

Following the clean-up, they proposed the creation of a business incubator at the metalshop, eventually getting sponsorship from the city's Economic Development Corporation.

With access to a plasma cutter, sewing machines, saws and welders, the goal of the Staten Island MakerSpace is simple: Give people a place to make something.

"It's about giving back to Staten Island," Van Campen said.

Eight months in, the MakerSpace is adding amenities. Lampman and Van Campen hope to complete construction on new sewing, computer and conference rooms in the next month. The space already boasts a 3-D printer and scanner.

The MakerSpaces hosts classes — Women, Wine and Welding is a popular choice — and offers membership with access to the metalshops and woodshops, as well as private studios.

Visit **Metro.us** to see photos from the Staten Island MakerSpace.

Artist Kevin Mahoney, 34, became a member when the MakerSpace opened last fall.

"It's giving me control over my entire process," said Mahoney.

Mahoney said the MakerSpace is also a hub for local artists. This is important to Lampman and Van Campen, especially as the borough faces changes from development.

"Places like what we're trying to do here, where you can actually do creative things — I think that brings the community together more so than a giant wheel," Van Campen said.

ANNA SANDERS
@AnnaESanders
anna.sanders@metro.us

If you go

MakerSpace

Staten Island MakerSpace is located at 450 Front St. in Stapleton. Visit SIMakerSpace.com or call 718-273-3951.

Big ocean

Couple rows from Morocco to New York

A couple from South Africa has completed a staggering feat: On Friday, they finished rowing 6,500 miles from Morocco to New York City.

Riaan Manser and Vasti Geldenhuys embarked on the journey six months ago in a 23-foot row boat called Spirit of Madiba, so named in honor of Nelson Mandela.

Before leaving from Agadir, Morocco, Manser tweeted that their goal of reaching New York was "100% impossible I think." Their course took them to the Canary Islands, the Bahamas and finally to the 79th Street Boat Basin.

The adventure wasn't all clear skies and smooth seas. Spirit of Madiba capsized two months in, and massive cruise ships proved to be hazardous.

Paddling into New York Harbor, Manser tweeted an image of himself and Geldenhuys smiling with the Statue of Liberty in the background.

"We made it!" wrote the windswept South African. "Thanks everyone."

EMILY JOHNSON

RIAAN MANSER
GETTY IMAGES

In Queens

Police look for shooter after exchanging gunfire

Cops are on the lookout for a man who shot at them in Queens.

Authorities responded to a building on Lamont Avenue at 1:47 a.m. on Saturday after receiving a call that a group of men were trespassing.

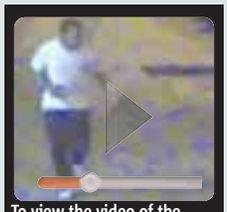
A uniformed sergeant and police officer responded to the scene in a marked car when they allegedly saw a suspect with a gun chasing after a man.

Investigators said the suspect shot at the second man as they approached. The police officers said they ordered the shooter to drop the weapon.

Instead, the suspect shot at the officers, who returned fire without striking the man.

Police said they recovered the suspect's gun — a loaded .22 caliber handgun — at the scene.

CHESTER JESUS SORIA



To view the video of the shootout, go to metro.us

Job. Worker dies from street sweeper injury

A city sanitation worker was killed on the job on Saturday afternoon when a street sweeper struck and killed him in Queens.

Investigators said Steven Frosch, 43, was tending to and performing maintenance work on a street sweeper at a Sanitation Department depot in Maspeth at 1 p.m.

A second sweeper operated by 33-year-old fellow sanitation worker drove forward and struck Frosch, pinning him between the two sweepers.

Police and EMS arrived on the scene, but authorities said Frosch was unconscious and unresponsive with severe body trauma. He was pronounced dead at the scene. CHESTER JESUS SORIA

Bills. Medical weed, speed limits, now go to Gov. Cuomo's desk

The New York State Legislature wrapped up its final session before this fall's elections on Friday, affirming some of the year's most drawn-out battles.

A full slate of bills now go on to Gov. Andrew Cuomo's desk for his signature.

"The last few weeks were really a banner period of accomplishment," Cuomo said on WCNY's Capitol Pressroom radio show.

New York would be the 23rd state to legalize medical marijuana. / GETTY IMAGES

1 Most notably, the state Senate passed Sen. Diane Savino's bill to authorize a medical marijuana pilot program for the first time.

2 The state will regulate five growers and 20 dispensaries that will only distribute non-smokable delivery systems to those with prescriptions from state-certified doctors to treat a limited number of illnesses.

3 The state will also roll out a series of anti-heroin laws that increase penalties for sale of the drug while increasing treatment options for those recovering from substance abuse.

4 Both houses of the Legislature overwhelmingly voted to lower New York City's speed limit to 25 mph from 30 mph. Any future changes to speed limits greater than 5 mph will require notification to local community boards.

Huge step

"This is a huge step forward as we work to save lives and make our streets safer."

De Blasio
On the vote to lower the speed limit

5 Lawmakers also agreed on a bill making it so that evaluations for both teachers and principals this year and the next will not be based on Common Core testing.

6 For the third time, lawmakers passed a bill that would make some small fireworks — including sparklers — legal outside of New York City for brief windows of time, including the Fourth of July holiday. Cuomo has twice vetoed similar bills. **CHESTER JESUS SORIA**

Times Square solstice

Over 8,000 people came out to practice their yoga moves in Times Square on the first day of summer at the 12th annual Solstice in Times Square event. The free event was sponsored by Athleta and the Times Square Alliance and lasted all day. / GETTY IMAGES

Endangered species

Lawmakers limit ivory trade in the state

A new law will impose strict limits on the New York State ivory trade, banning the sale of most items containing ivory and rhino horn, including many antique pieces.

The legislation was passed by the Senate on Friday. Governor Andrew Cuomo is expected to sign it this week.

"The illegal ivory trade has no place in New York State, and we will not stand for individuals who violate the law by supporting it," Cuomo said.

Supporters of the law argue that the limits are necessary to minimize the state's role in an industry that is decimating endangered populations of elephants and rhinoceros in Africa as poachers seek to profit off the lucrative international black market.

Confiscated ivory
GETTY IMAGES

The bill outlaws the sale of all ivory objects unless an item is both at least 100 years old and consists of less than 20 percent ivory. **EMILY JOHNSON**

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Gun violence

Bronx teen shot, killed at house party

A house party in the Bronx turned deadly Sunday when three teens were shot, one of them dying from his wounds.

Police said officers responded to reports of shots fired at 1:07 a.m. at a home on East 232th Street.

Authorities said the crowd broke up when a suspect fired a gun into the crowd, striking three victims.

According to investigators, one victim was a 17-year-old girl with a bullet wound to her left foot. A second victim was described as a 17-year-old boy with a gunshot wound to his right leg.

Another 17-year-old boy, identified as Keshon Porterfield, was shot in his chest. Emergency workers declared Porterfield dead on arrival.

CHESTER JESUS SORIA

Directions. Cops seek women in robberies

Young women asked for directions before robbing four people during an hour-long spree in upper Manhattan, police said.

The four women, believed to be between 16 and 20 years old, robbed three men and a woman from 8 a.m. to 8:50 a.m. on May 26 in Washington Heights and Inwood, according to the NYPD. Police said they stole cash, credit cards, jewelry and cell phones from the victims.

No injuries were reported in any of the robberies.

The suspects include two black women and two Hispanic women.

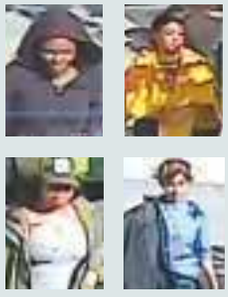
Police are hoping to catch the women with surveillance footage taken from the third robbery in front of 630 W. 170th St.

Anyone with information about the robberies is asked to call Crime Stoppers at 1-800-577-TIPS (8477). ANNA SANDERS

The scheme

According to police, one of the women approaches the victim and ask for directions.

- While the victim tries to give the woman directions, he or she is surrounded by the three other women, who then steal from the victim, the NYPD said.



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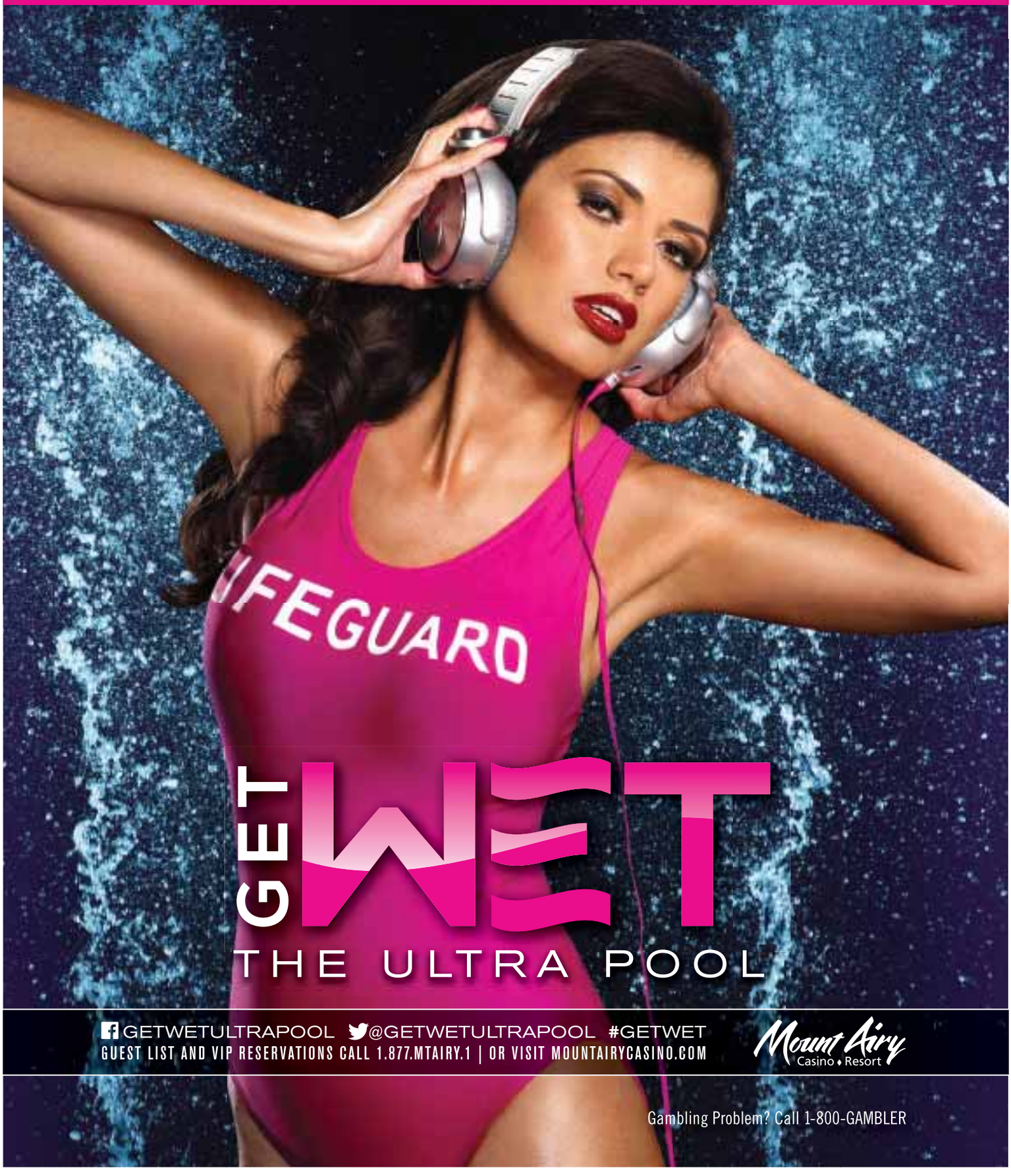

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NY fans turn out for World Cup match

Swarm. Bars and outside viewing spots filled up for the U.S. against Portugal game.

For a complete TV schedule, visit Metro.us/world-cup.

World Cup mania swept the five boroughs on Sunday. Fans of the U.S. national soccer team lined up at bars and outside viewing spots in Bryant Park and DUMBO hours early for a chance to watch the U.S. play Portugal.

Ryan Savini, 27, said that he had high expectations for the U.S. team.

"I think the U.S. will reach the quarterfinals at least. If they get disqualified, I'll be cheering for Chile," he said.

Liam Pierce, 28, who works for a soccer magazine, said he sees more U.S. fans turning out to the games than before.

"Earlier, there was a fringe international interest. It was like a secret club before. Now it's in the open," he said.

SAMAR KHURSHID
@MetroNewYork
letters@metro.us

Big game

"There was some interest in the game when the last World Cup happened — but this year, it's different. It's much more palpable. There's no other city, with such an international presence, where you can go to a bar and feel like you're in another country."

Wesley Wingo, 27, video producer

All across the city, fans turned out for the game. Top, fans watch the match under the Brooklyn Bridge. Flags fly outside of Woodwork in Brooklyn. Fans lined up hours before the game at Jack Dempsey's in Midtown. / SAMAR KHURSHID, METRO

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First family makes splash at Coney Island Mermaid Parade

Mayor Bill de Blasio, shown middle right, dressed up as a pirate on Saturday to march in the 32nd annual Coney Island Mermaid Parade. The mayor was joined by his mermaid wife Chirlane and their children, Dante and Chiara, shown in the middle, who reigned over the proceedings as King Neptune and Queen Mermaid. The 32nd annual Carnival-like extravaganza was back to full strength after last year's Sandy-battered parade, when organizers were forced to crowdfund the event. The festivities drew tens of thousands of onlookers and marchers, many going all-out with homemade costumes. METRO / GETTY IMAGES

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US wants inclusive Iraq but won't choose its rulers: Kerry

Visit. Kerry began a tour of the Middle East, addressing concerns about the fallout in Iraq.

Secretary of State John Kerry and Egypt's Foreign Minister Sameh Hassan Shoukry held a joint press conference in Cairo. / GETTY IMAGES

Secretary of State John Kerry said on Sunday the United States wanted Iraqis to find an inclusive leadership to contain a sweeping Islamist insurgency but Washington would not pick or choose who rules in Baghdad.

Kerry was speaking at the start of a Middle East tour after talks in Cairo with Egypt's President Abdel Fattah al-Sisi that covered Western concerns over Egypt's crackdown on the Muslim Brotherhood and the fallout in Iraq.

Governments across the Middle East and beyond have been alarmed at the speed with which Sunni militants drove Shi'ite Prime Minister Nuri al-Maliki's troops out of large parts of north and west Iraq and pushed toward the capital.

The U.S. is sending 300 military advisers to Iraq, prompting Iran's Supreme Leader Ayatollah Ali Khamenei to accuse Washington of trying to regain control of the country it once occupied and rule "by its stooges" — a charge Kerry denied. REUTERS

Syrian border

Iran rejects US action as militants push east

Iran's supreme leader accused the United States on Sunday of trying to retake control of Iraq by exploiting sectarian rivalries, as Sunni insurgents drove toward Baghdad from new strongholds along the Syrian border.

Ayatollah Ali Khamenei's condemnation of U.S. action in Iraq came three days after President Barack Obama offered to send 300 military advisers in response to pleas from Iraq's government. It ran counter to speculation that old enemies Washington and Tehran might cooperate to defend their mutual ally in Baghdad after two weeks of swift territorial gains by Sunni Islamists. REUTERS

Iraq crisis

US House Republican leader says all options open

The newly elected No. 2 Republican in the U.S. House of Representatives said on Sunday he would not rule out sending American troops to Iraq to help Baghdad in its fight against a Sunni insurgency.

Representative Kevin McCarthy, who was elected last week to the majority leader's post in the House, also said President Barack Obama needed to lay out an overall strategy for dealing with terrorism in the Middle East region. REUTERS

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Equal opportunity

Transgender priest speaks at National Cathedral

An Episcopal chaplain on Sunday became the first openly transgender priest to preach at the historic National Cathedral in Washington, D.C.

The Reverend Dr. Cameron Partridge spoke from the Canterbury Pulpit in honor of the lesbian, gay, bisexual and transgender community's Pride Month, the Cathedral said.

"As we behold one another in these days of celebration may we honor the way we sustain each other," said Partridge, who is the Episcopal chaplain at Boston University. REUTERS

By the numbers

7

Number of openly transgender clergy in the Episcopal Church

Get on up. Standing up during meetings good for productivity

Walking while working, usually on a treadmill, has been gaining popularity in recent years, but the next office innovation should be standing while meeting, according to a new study.

Researchers at Washington University in St. Louis, Missouri, report that groups working together on a project while standing are measurably more engaged and less territorial than while seated.

"A workspace that encourages people to stand up is going to lead to more collaborative and more creative outputs," Andrew Knight told Reuters Health in an email.

Knight's advice for setting up workspaces: "The first and foremost is to get up and get out of their chairs." REUTERS

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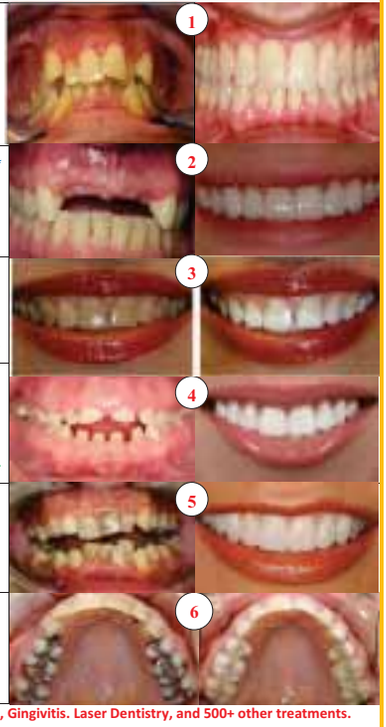

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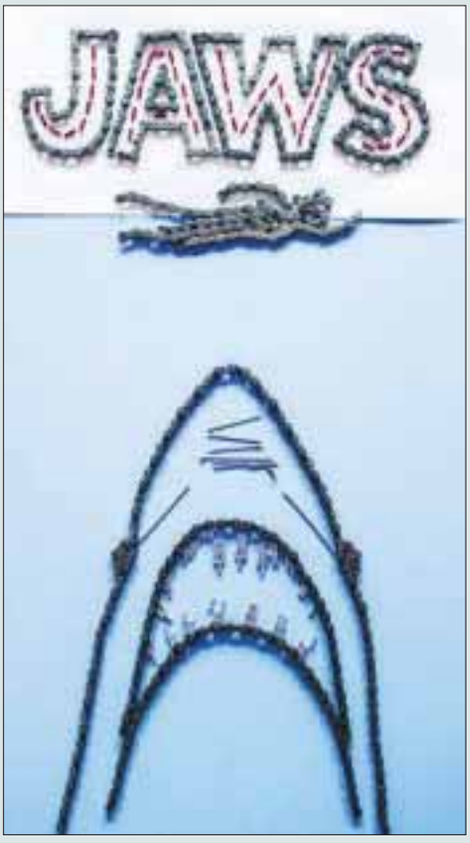

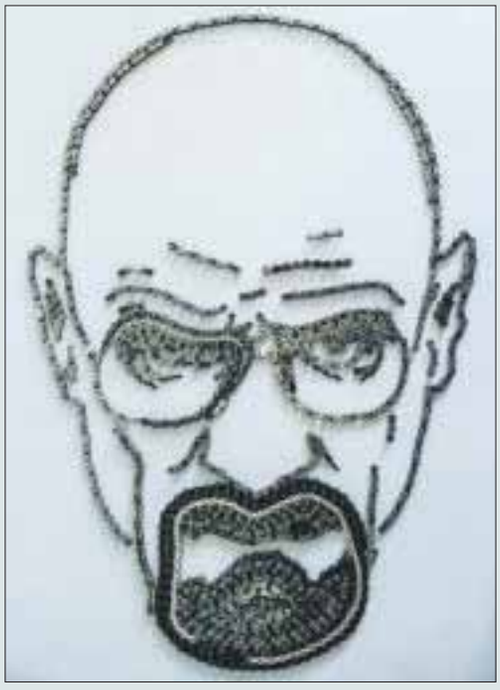

See more of Jenny Beatty's artwork, as well as a roundup of the week's best photography online at **Metro.us/slideshows.**

Artist creates pop art with scrap bike parts

A cycling fanatic has recreated iconic artworks and pop culture icons using scrap bike parts. Jenny Beatty, 31, has fashioned familiar works including Andy Warhol Campbell's Soup can, a poster of "Breaking Bad"'s Walter White and the famous Nirvana "Nevermind" album cover. Other works include a "Star Wars" Stormtrooper, Spongebob Squarepants and film posters of "Silence of the Lambs" and "A Clockwork Orange." There are even some retro designs, such as TV puppet character Alf and the "Pac Man" video game. MWN

OMG! Customized bracelet offers something unique: Your DNA

This piece of jewelry is the first fashion accessory that is truly one of a kind: DNAME's bracelet is inscribed with your unique genetic code. But just how your sequence is woven into the wristband is where things get very "CSI." The creators behind the brand send you a DNA home testing kit that includes a cotton-tipped swab to rub around the inside of your mouth, just like the crime thrillers. The swab is then returned to a laboratory where the building blocks of your DNA code — guanine (G), adenine (A), thymine (T) and cytosine (C) — are lasered onto a 20-by-150-millimeter brushed titanium or polished steel band. Metro chats to scientist and co-founder Mario Ricciardi about the new fashion formula that is raising funds on Kickstarter.

In this age of data protection, isn't it bit risky walking around with your data on your wrist?
To be honest, the sequence that is generated by the lab analysis is taken at random from your sequence, so nobody knows your exact genetic code.

Visit us online at **Metro.us/omg** for more interviews.

What if the swab is intercepted between sender and receiver?
The data engraved on the bracelet is not sensitive, so it's not a problem. And actually DNA is something that you can get from a glass at a bar.

Why would people want to wear their DNA over, say, their initials?
Unlike initials, this is truly unique. Nobody else will have the same genetic code as you. It's the ultimate form of customization out there. It makes for a very romantic engagement present, and we're looking at creating rings in addition to bracelets.

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DNAME takes jewelry customization to the next level. / DNAME

Body found in search for missing Seattle hiker near Mt. Rainier

Mounting concern. Missing outdoor recreation author Karen Sykes, 70, has been missing since Wednesday.

Mt. Rainier/ GETTY IMAGES

National Park Service rangers have suspended the search for a missing Seattle hiking enthusiast and author after finding the body of a woman in the search area around Mount Rainier, park officials told Reuters.

The body had not been identified, pending an investigation by the local medical examiner's office, said Mount Rainier National Park spokeswoman Patti Wold. There were no missing person reports aside from that of 70-year-old Karen Sykes in the park at the time, Wold said.

Sykes, who is considered an authority on outdoor recreation in the Pacific Northwest for her newspaper articles and books on hiking in and around the park, has been missing since she disappeared on a trail near Mount Rainier late Wednesday night, park officials said.

Quoted

"If you're walking along that trail, you won't necessarily see the trail because of the snow."

Mimi Gorman park spokeswoman

She and a companion had set out together on the 8-mile Owyhigh Lakes Trail on Wednesday, but split up when they reached a portion of that was covered in snow.

Sykes continued on by herself and her companion turned back, the Park Service said. When she did not return to the specified meeting point, the companion called authorities.

Ground teams had been scouring the trail prior to the suspension of the search on Saturday afternoon. Roughly 60 people took part over the three-day search, including a dog unit and helicopter crew, officials said.

Early summer is a particularly dangerous time for hiking on snowy terrain, Gorman said, as warmer weather creates snow bridges where the snow pack thaws from below, leaving patches where hikers can break through as they walk across the surface. REUTERS

Man dies while at Electric Daisy Carnival in Nevada

Large crowds. More than 140,000 people were expected to attend each night of the three-night festival.

Fans react as Tiesto performs during the 18th annual Electric Daisy Carnival at Las Vegas Motor Speedway on Sunday in Las Vegas. / GETTY IMAGES

A California man died while attending a large and popular electronic music festival in Las Vegas, authorities said on Sunday.

Montgomery Tsang, 24, of San Leandro, California was pronounced dead on Saturday after attending the first night of the Electric Daisy Carnival, the Clark County Coroner's Office said. It gave no cause of death.

The festival's organizer, Insomniac Events, said Tsang had attended the event on Friday night.

"We are deeply saddened by this news and hope that everyone will join us in keeping his family and friends in their thoughts during this very difficult time," spokeswoman Jennifer Forkish said.

According to the Las Vegas Sun, Tsang collapsed in a parking lot outside the concert venue under unclear circumstances.

The Electric Daisy Carnival originated in Los Angeles but was moved to Las Vegas in 2010 after the death of a 15-year-old attendee due to drug intoxication.

Last year, the last night of another major electronic music festival, Electric Zoo in New York City, was canceled after two attendees died after taking the club drug known as "molly." REUTERS

Quoted

"We are deeply saddened by this news and hope that everyone will join us in keeping his family and friends in their thoughts during this very difficult time."

Jennifer Forkish spokeswoman

Found. Couple rescued after treading water for 14 hours off Fla. coast

A group of off-duty sheriff's officers on a morning fishing trip near Fort Lauderdale, Florida, rescued a couple who had been treading water all night after falling off their boat near Key Largo and drifting nearly 70 miles.

"We were all stunned, we all looked at each other and asked are we seeing what we think we're seeing," Keith Salvis, of the Broward Sheriff Office's fire rescue department told a local NBC affiliate.

The couple, Sean McGovern, 50, and Mellisa Morris, 52, were in the water for 14 hours without life jackets or signaling devices. REUTERS

Report

Polish foreign minister called ties to US 'worthless'

A Polish news magazine said on Sunday it had obtained a secret recording of Foreign Minister Radoslaw Sikorski, saying that Poland's relationship with the United States was worthless.

SIKORSKI

The Wprost news magazine said the recording was of a private conversation earlier this year between Sikorski and Jacek Rostowski, a member of parliament "You know that the Polish-U.S. alliance isn't worth anything," Sikorski is heard saying. He also called Americans losers. REUTERS

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guide to job hunting

From college to the real world. Here's how to sell your undergrad experience to employers.

Now that graduation has come and gone, it's time for the Class of 2014 to jump-start the job search. It can be hard for new grads to figure out how best to sell themselves when their work experiences consist of part-time positions and internships.

Caroline Ghosn is here to help. As the founder and CEO of Levo, an organization that works to mentor young women as they enter the workforce, she often is asked by recent grads for tips and advice. Here's what she suggests.

Show your résumé over and over again

"The biggest mistake new grads make is that they don't get a second set of eyes to look at their résumé," says Ghosn. She suggests finding three or four trusted friends or colleagues to review your résumé and make suggestions. "That sounds like a lot," Ghosn admits, "but your résumé is only going to change for the better. You look at your résumé over and over, and you start to miss things. The third or fourth editor will really help you tighten it up."

Tell a story

Don't worry if you think your résumé is a little light on experience. "It's all about how to tell the story and making the story about your transferrable skills," says Ghosn. "You have to figure out how you can connect the dots. Let's say you were the social chair of a student organization or a fraternity or sorority. Your skills would be managing timelines, budgets and logistics."

And don't discount retail or food services positions. "I've never learned more about stakeholder management than when I was a waitress," Ghosn notes. "You learn how to approach people who want you to fix their problems immediately."

Be passionate

Don't worry if you appear a bit nervous at your first few interviews. "What interviewers are looking for is not someone that is stoic and cool as a cucumber," says Ghosn. "Interviewers are looking for passion, not perfection."

Don't be intimidated

"You have everything you need as a young grad to succeed. You are coming into this new world as a digital native and possess skills that other people are learning now," Ghosn says. "Focus on the things you have to offer."

LAKSHMI GANDHI
@LakshmiGandhi
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Style tip

An interview wardrobe must-have

Ghosn says every new grad should have a good blazer in the closet to complete an appropriate business look. "It makes a casual outfit instantly more professional," she says.

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Here's what local students are reading for class

Summer school.
How many of these assigned books have you read?

Colleges across the country are increasingly assigning summer reading to incoming freshmen. / FUSE

Months before the official start of the semester, many of New York City's incoming first-year college students are already hitting the books.

We took a look at the books several local universities have assigned incoming students.

Columbia University

Liberal arts students at Columbia have traditionally always read the epic Greek poem "The Iliad," which is part of the school's core curriculum. Homer's tale of the Trojan War describes the battles that took place during a dispute between King Agamemnon and Achilles.

As for Columbia's engineering and science students, they'll checking out Jon Gertner's "Idea Factory: Bell Labs and the Great Age of American Innovation."

New York University

Across town, incoming freshman at NYU's College of Arts and Sciences will be picking up a copy of the Pat Barker novel "Regeneration," which tells the story of British Army officers being treated for shell-shock during World War I.

Students at NYU's Steinhart School, who will be studying education or music, will be reading Cheryl Strayed's best-selling memoir "Wild." The book covers Strayed's decision to travel along California's Pacific Crest Trail in her 20s.

Community

St. John's University

"Walk in Their Shoes: Can One Person Change the World?" by Jim Ziolkowski is the pick for students about to arrive at St. John's. The memoir details Ziolkowski's choice to leave the corporate world in order to found a nonprofit that works with urban youth.

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2 CULTURE

Talking point

Bieber a believer?

There's been an onslaught of reports of Justin Bieber and Selena Gomez engaging in wholesome activities around Los Angeles over the last few days, including acting "very touchy and affectionate toward each other" while attending a Bible study group one evening, according to E! Online. Then a Bieber pal went and posted an adorable photo of the pair napping on a sofa on the selfie-posting social network app Shots.

Lana Del Rey: The Guardian made me do it

To be fair, Lana Del Rey did title her debut "Born to Die." / ALL PHOTOS GETTY IMAGES

Lana Del Rey doesn't seem too thrilled with the Guardian turning her "I wish I was dead already" quote into a story. The singer took to Twitter to complain in a series of tweets she later deleted. "I regret trusting the Guardian. I didn't want to do an interview but the journalist was persistent," she posted about her chat. She alleged that writer Tim Jonze (who she incorrectly cited as a different writer) was "masked as a fan but was hiding sinister ambitions and angles." She went onto write, "Maybe he's actually the boring one looking for something interesting to write about. His leading questions about death and persona were calculated."

Jonze responded by posting the audio of the interview. Though the lack of rapport between the two is uncomfortable to listen to, the writer did represent her words accurately. Del Rey's tweets are not complaints that her remarks were made up or taken out of context. "Instead she seems annoyed by the fact I wanted her to say interesting things and asked questions that caused her to do so," writes Jonze. "Well sorry, Lana, but that's just me doing my job."

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRBAR
@Nedrick
ned.ehrbar@metro.lu

Megan Fox tapering off acting gigs

Will we be seeing a lot less of Megan Fox soon?

Now that Megan Fox has a 2-year-old and a 4-month-old at home, she's souring on the whole show business thing. "It's so hard to be a working mom, especially when your heart is not in your work, when your heart is with your family," she tells Parents magazine, explaining that for now she's looking to work only as much as is necessary. "I have to make one movie a year, because I have to invest in their future," she says. "I'm looking for movies that will shoot in Los Angeles, for projects where I'm part of an ensemble so I can shoot in and out in 10 to 20 days."

We're fans of Fanning's frock

Elle Fanning took the term "dress accordingly" to a new level this weekend. Arriving in Tokyo, the 16-year-old actress wore a cute "Sleeping Beauty" dress to promote "Maleficent," where she plays — tada! — Sleeping Beauty! Angelina Jolie wore "Maleficent"-inspired stilettos from Christian Louboutin at the London premiere (see inset). We detect a trend!

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‘Extremely emotional’

Interview. The makers of a Proposition 8 doc capture five years of “massive change.”

“The Case Against 8” details the mission to knock down Proposition 8. / HBO

Documentary filmmakers Ryan White and Ben Cotner are finally seeing five years’ worth of work come to fruition with “The Case Against 8,” chronicling the legal challenge to California’s Proposition 8, which outlawed gay marriage in the state in 2008. The film premieres on HBO Monday June 23 at 9 p.m.

On keeping it together when chronicling such an emotional subject

Ryan White: It was an extremely emotional film to make. I had made two films before this, but I don’t think we’d ever worked on something that we were so emotionally invested in — because the result of our film directly affected what our rights were. I would say it became increasingly emotional the more we went into it. By year five we were about to boil over, just blubbering messes.

On how quickly opinions on gay marriage have changed

RW: I think it was shocking. I wasn’t expecting that. Ben’s from Indiana and I’m from Georgia, so we’re not from parts of the country that are particularly LGBT-friendly. And we’re not from parts of the country that are on the road to marriage equality. When Prop 8 passed, I remember not being that surprised. Like, “Of course we don’t get that, because we never get that.”

Ben Cotner: It felt like there was this landslide of people coming out in favor of it leading up to the Supreme Court decision. We in our entire lives had never really had elected officials speaking out for our rights, and all of a sudden here in such a short window of time there was such a massive change. It was really surreal to see how quickly things were changing.

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Keepin’ on

On the defeat of Proposition 8 not being the end of the struggle for equal rights

BC: We can’t take these rights for granted. I think that is even more important now because there’s this conversation that it’s inevitable. ... With everyone hoping and assuming that the Supreme Court will take this case and make a final decision in favor of same-sex marriage some day, I don’t think we can assume that that’s inevitable. And even if that does happen, there are so many other things that need to happen, whether it’s Employment Non-Discrimination Act or anti-violence acts here and abroad. There’s a lot of work still to do.

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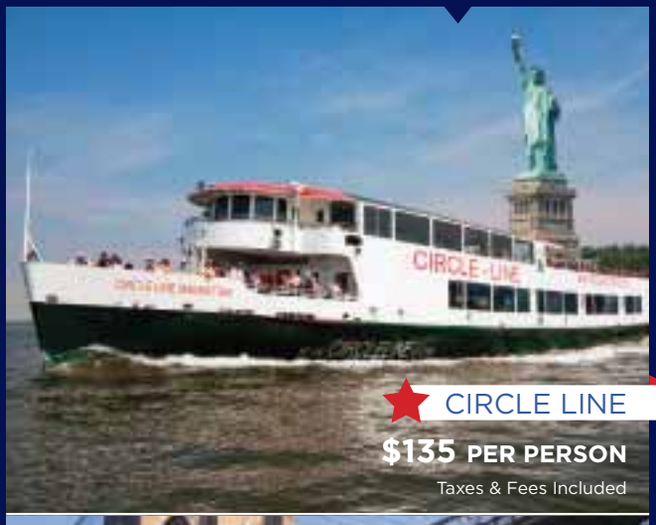

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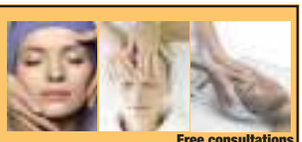

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Box office. Kevin Hart rules again as 'Think Like a Man Too' defeats fellow sequel '22 Jump Street'

"Think Like A Man Too," a sequel to the 2012 comedy based on Steve Harvey's book "Act Like a Lady, Think Like a Man," collected $30 million in ticket sales to lead the weekend box office, outdistancing last weekend's top film, "22 Jump Street."

In a rare summer week with no big-budget movie openings, "22 Jump Street," starring Jonah Hill and Channing Tatum, took the No. 2 spot with $29 million at U.S. and Canadian theaters for the three days ending on Sunday.

The animated film "How to Train Your Dragon 2" was third with $25.3 million in its second week, according to box office tracking firm Rentrak.

Director Clint Eastwood's "Jersey Boys," the story of the musical group The Four Seasons, was fourth with $13.5 million, beating industry estimates of an $11 million opening.

Few people right now are more happy than Kevin Hart.
MATT KENNEDY

"Think Like a Man Too," starring Kevin Hart and Michael Ealy, started strong with $1.8 million at Thursday night showings, tracking site Box Office Mojo said, despite mostly poor reviews. Only 15 of 67 reviewers gave it a thumbs up, according to Rotten Tomatoes, though 77 percent of moviegoers said they liked it.

Rounding out the Top 5, "Maleficent," Walt Disney's take on the "Sleeping Beauty" fairy tale starring Angelina Jolie as the evil spell-casting fairy, pulled in $13 million. The film has totaled $186 million in domestic sales and $521 million worldwide. REUTERS

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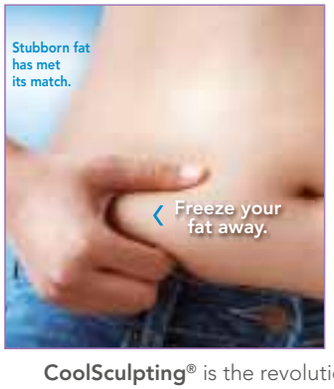

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THINK OF THERAPY AS APPLIED MAGIC

The "Harry Potter" series has some devoted fans — and, suprisingly, good advice. / GETTY IMAGES

As a psychotherapist who works with young adults, I often use metaphors from pop culture in my private practice. So when my 20-something client and professed "Harry Potter" devotee grew anxious about visiting her "Dementor" of a mother-in-law in Los Angeles, I naturally inquired, "What would Harry Potter would do?"

"Well, of course, he would conjure his Patronus," she replied. A Patronus is a charm that wards off Dementors, specters that "drain peace, hope and happiness."

The only way to ward off a Dementor is with the Patronus charm, which requires "the concentration on a powerfully happy memory" — in other words, the power of positive thinking. Apparently, "Potter" creator J.K. Rowling was not only a genius of fantasy children's fiction, but also a sorcerer of pop psychology.

Rowling's therapeutic savvy further reveals itself in the spell to defend against Boggarts. A lesser menace in the wizarding world, these shape-shifting creatures assume the form of their observer's worst fear — but evaporate at the recitation of "Riddikulus!" which transforms the Boggart into something amusing instead.

The Patronus in practice

Sarah, my aforementioned client, was a writer whose self-revelatory blog posts addressed racism and religious hypocrisy. On a weekly basis, she received an esteem-boosting slew of emails from her growing fan base. Her confidence eroded, however, in the presence of her mother-in-law, who didn't share the same appreciation for Sarah's talents.

As her visit to California approached, we began to brainstorm how she might summon her own version of a Patronus to confront her personal Dementor.

Although Patronuses typically appear as shimmering animal silhouettes, Sarah took certain liberties with her talisman. She needed to anchor herself in something physically tangible. After tossing around a few ideas, Sarah returned home and assembled a collage of photographs of loved ones, including her and her husband in their happiest times. Next, she cut out the grateful emails and wove them around the photographs, interlaced with powerful images and affirmations that she cut out from magazines.

Sarah was encouraged to meditate on her makeshift Patronus so that she could conjure it in her mind at will. Additionally, she brought her collage to Los Angeles.

The experiment was a success. When dark thoughts began to creep in after spending the day with her husband's family, Sarah studied her Patronus and felt better.

Metro does not endorse the opinions of the author.

Advice

The Boggart in practice

By assuming the shape of our worst fears, Boggarts mirror our insecurities and unhealed emotional wounds.

An adolescent client imagined a high school bully as a Boggart. The magic of pop culture references is that they normalize the experience of being afraid yet offer playful responses.

Although therapists are often expected to be wizards of sorts — to read minds and invoke incantations that banish our clients' demons — Rowling reminds us that true magic lies within each of us when we focus on the positive and recognize the absurdity of our irrational fears.

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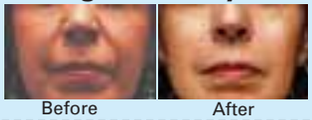

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Maria Menounos. Losing weight wasn't just a personal struggle for the TV star.

Before her reality show on Oxygen, before competing on "Dancing with the Stars," before she was a red carpet reporter, Maria Menounos was in journalism school and facing the prospect of not achieving her dream.

The reason: At more than 40 pounds overweight, she was low on energy and often ill, which would hold her back in the fast-paced business of broadcast television.

Without trainers or nutritionists, Menounos spent a year developing the method that would become her new book, "The EveryGirl's Guide to Diet and Fitness." She tells us how wellbeing was key to her success.

Was there a moment when you decided to make a change?
My size 14 jeans grew skintight. I knew it was time to upgrade, yet again, to another size, and I didn't want to. With diabetes in my family, my fatigue and illnesses, I felt enough was enough.

What made you go your own route to wellness?
I feel like I tried every diet known to man — shake diets, coffee diets, grapefruit diets, you name it. I couldn't stay on any of them for more than a couple of days.

You started out with "no willpower"?
That came with progress and positive results. As soon as my pants fit loosely, I was ecstatic. A fire was lit and I was ready to step up my game.

How did you get started?
To properly motivate me, I tied my weight loss to a target date and event far into the future. There was a beauty pageant 11 months from the time I began.

How did you structure your diet?
Once I had my target date, I journaled my food for a week to see just how much and what I was eating. Next, I simply cut a tiny amount from each meal; I didn't change what I was eating.

Describe your method.
It's a 50-year plan — a plan that helps to ensure you will not only be fit for the next 50-plus years, but mobile, strong and healthy, too. To achieve that, it's about striving to eat clean, unprocessed foods as much as possible and to remain active in your everyday activities.

MENOUNOS
GETTY IMAGES

EVA KIS
@thisiskis
eva.kis@metro.us

For the EveryGirl

Why will your method work for other women?

I think most every girl out there wants to do and have it all, but struggles to find the time, money and willpower to succeed in doing so. One of those things is to be fit and healthy. I had no time, money or willpower back when I succeeded in losing the weight. The method in my book is tailored around those factors.

This week in health news

Many breast cancer patients don't get enough exercise

Exercise is linked to better survival rates for breast cancer patients. CREATAS

Location of study: U.S.

Study subjects: 1,700 women who had been diagnosed with invasive breast cancer

Results: New research indicates that most breast cancer patients do not get enough exercise following their diagnosis. Of the women involved in the study, a little over one-third met physical activity guidelines after their diagnosis. African-American women were less likely to meet the guidelines.

Significance: Physical activity is linked to prolonged survival and better quality of life in breast cancer patients. Experts at BreastCancer.org report that regular exercise can help stave off cancer recurrence and that it's safe to exercise during and after treatment. Even so, she and her team found that 59 percent of women reported a decrease in activity roughly six months after their diagnosis; black women were about 40 percent less likely to get adequate exercise.

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No, really, 'Thanks for the feedback'

A tip for supervisors

Say what you mean

Managers should try to be as clear as possible when giving feedback, says Stone. "Take an employee who is told something like, 'You have to be assertive,' or 'Take more initiative.' Those kinds of phrases don't have independent meaning." Instead, he suggests that managers give an example of what they'd like to see.

Office politics. A Harvard professor tells us how employees can process criticism constructively.

Learn the best ways to handle feedback at work with these tips. / DIGITAL VISION

The annual performance review can be nerve-wracking for even the most confident of employees. And according to a new book by Harvard Law professors Douglas Stone and Sheila Heen, many managers say they hate giving feedback. So how can workplaces break this vicious cycle? Douglas Stone shares these suggestions.

Go into the meeting prepared

"Ask yourself: What's the worst that can happen?" says Stone. "We often have a tendency to exaggerate the extent of the feedback. Let's say I tell you, 'You are singing off-key.' In your head, you might be thinking, 'He's saying that I'm awful and that I might never get another job.' But all I'm really saying is that you are singing off-key."

Ask for specifics

The term "feedback" is so broad that supervisors may not know where to start. "Instead, just ask for one thing. Say you are trying to get better in general, and ask if there is one thing that you should work on."

Take the feedback in good faith

There are two reactions most people have to feedback. "No. 1 is that it is upsetting," he says. "No. 2 is that it is wrong. [So] the question is: Is it wrong or not?"

Know yourself

If you have a tendency to take feedback personally, it's important to take a step back, says Stone. "Ask yourself: Am I always going to feel that way?"

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Horoscope

♋ Cancer | June 21-July 22. Your popularity is increasing. Don't hide at home when you should be out exploring new interests and meeting new people.

♌ Leo | July 23-Aug. 22. Refrain from being overbearing. Take a back seat and prepare to listen and observe. Don't take over a situation. Wait until you are invited.

♍ Virgo | Aug. 23-Sept. 22. Brainstorm with people who share your interests. It's easier to make good connections with someone who understands you.

♎ Libra | Sept. 23-Oct. 22. You can increase your earning potential by doing self-promotion. The time is right to invest in your ideas and opportunities.

♏ Scorpio | Oct. 23-Nov. 21. You will be in a fun-loving mood. Get together with someone you enjoy spending time with. Love is in the stars.

♐ Sagittarius | Nov. 22-Dec. 21. Your opponent will gain the upper hand if you are too slow to make your move. Keep on the lookout for upcoming business opportunities.

♑ Capricorn | Dec. 22-Jan. 20. Take some time off to rest. Ponder the ideas that you feel will bring you the best return, and get your strategy in order.

♒ Aquarius | Jan. 21-Feb. 18. Don't overreact to comments from others. Wait until you get more information. It's likely you haven't heard the whole story.

♓ Pisces | Feb. 19-March 20. Love and relationships will take center stage today. Take an impromptu trip or sign up for something that could prove enjoyable.

♈ Aries | March 21-April 20. Professional changes are imminent. Your ambition, coupled with hard work, will help you gain ground and set the stage for future advancement.

♉ Taurus | April 21-May 21. Make the most of opportunities to tell the people you care about how you feel. Expressing your emotions will be well-received.

♊ Gemini | May 22-June 20. Don't let work consume you. Enjoy life. You deserve a break, but unless you are willing to take one, it isn't likely. BERNICE BEDE OSOL

Sudoku: Easy and hard

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7	4	3				8	6	
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	3	1			2			
	8	6				5	3	4
		7						6

		3	6	8		4		
		1	9			7		6
2	6				5			
	9		2			5		
6								4
		8			4		6	
			5				4	7
8		9			2	6		
		5		7	6	9		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Don't forget 'King and I'

RE: 'The book is now the musical is now the movie' (Metro, June 20-22) You forgot the grandaddy of this theme! "The King and I" was a book, then a movie (Rex Harrison and Irene Dunne), then a Broadway musical, a movie musical and a TV show — the last three starring Yul Brynner. Then it was a movie remake as a nonmusical with Jodie Foster and Chow Yun-fat.
KATHY KOURIAN, VIA EMAIL

Fed is misnamed

RE: 'Not all banks are the same' (Metro, June 20-22) The Federal Reserve is NOT owned by the federal government. It is a private bank owned by shareholders, other regional banks, which are part of the Federal Reserve System. The United States borrows fiat currency from the Federal Reserve. If the government owned the Fed we would not have a national debt, we could print our own currency and not have to borrow Federal Reserve Notes. The Fed is a private corporation that controls the creation of currency and sets interest rates, not the government. In the end, it is not federal, has no reserves and is not a bank.
JAMES WEST, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Visit us online at **Metro.us.**

Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.

Crossword

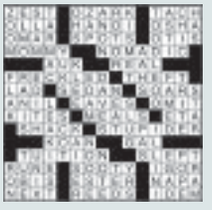
Across

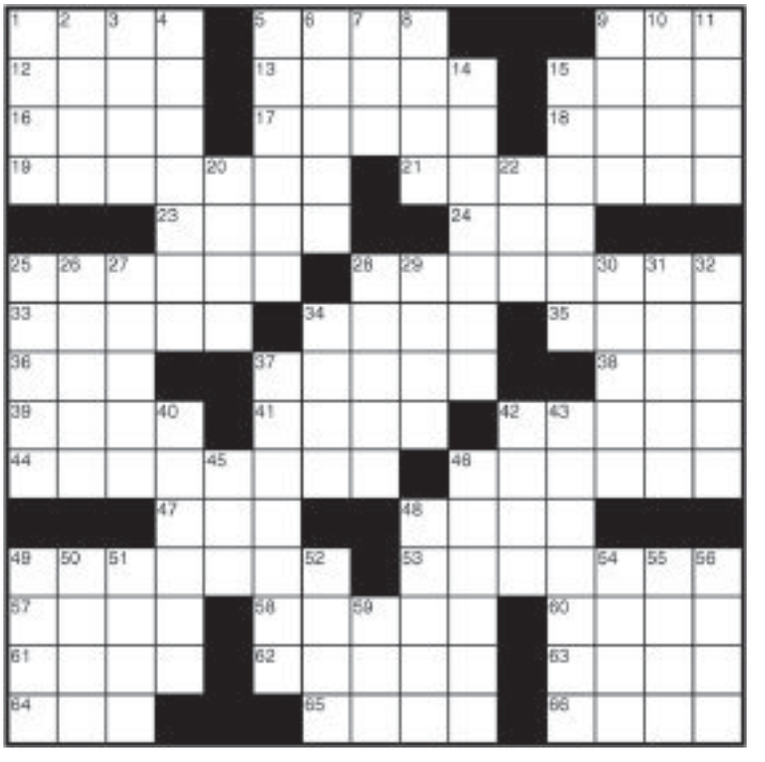
1 Abs are below them
5 Swain
9 Put under wraps
12 Rolling — — (rich)
13 Amherst sch.
15 Chess player's shout
16 Missing
17 Flop's opposite
18 Helm position
19 Totally trust (2 wds.)
21 Chute opener (2 wds.)
23 Durocher and Tolstoy
24 Hamm of soccer
25 Grimy
28 Coerce (hyph.)
33 Tenth part
34 Winsome
35 Pilot's milestone
36 Harvest Moon mo.
37 Less polluted
38 Caramel-colored
39 Sandwich cookie
41 Geologic time divisions
42 Take the dais
44 Is an omen of
46 Crusty roll
47 Alley from Moo
48 DEA operative
49 Flowering trees
53 Not feasible
57 Crop hazard
58 Towers over
60 Thunder god
61 Kind of molding
62 Cousteau invention
63 Ballerina's attire
64 Favorite —
65 Warm greeting
66 Crazed captain

Down

1 Swine
2 Enough, to Omar
3 Film
4 Ninja's asset
5 Waiter's helper
6 Tube trophies
7 Narrow shoe
8 Ex-U.N. member
9 Moon ring
10 Livy's route
11 Proof of title
14 Vibrate, as with heat waves
15 Rain forest parrots
20 Nerve network
22 Quarry
25 Double over
26 Smaller than mini
27 Giggle or groan
28 Mystiques
29 66 and I-80
30 Specks
31 Gray rock
32 Powdery ink
34 Whey opposite
37 Friends-by-mail (2 wds.)
40 Actor Peter --
42 Skiff movers
43 Lasagna ingredient
45 Aurora, to Socrates
46 Sunflower grower
48 Gives Novocain
49 Electrical units
50 Othello's nemesis
51 Manner
52 Slug
54 "Nah!"
55 — — moment too soon
56 Trounce
59 Yes, to Yvette

Weekend's answer





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3 SPORTS

Open market

Anthony to opt out

In hardly surprising news, Yahoo! Sports reported Sunday that Carmelo Anthony will opt out of the final year of his contract with the Knicks and become an unrestricted free agent. The first day he could officially file papers was June 23. He may still return to New York, but Houston and Chicago are also contenders.

Late goal means US, Portugal earn draw

World Cup. Team USA goes into Thursday's game yet to secure a spot in the next round.

Clint Dempsey's dramatic game-tying goal was not enough to earn the U.S. three points Sunday after Silvestre Varela, right, headed in a game-tying goal assisted by Cristiano Ronaldo. / GETTY IMAGES

The Americans will need the third game of pool play after all.

Team USA earned a single point Sunday night in a 2-2 tie against Portugal in a highly anticipated Group G match.

But for elated Team USA fans all over the United States and the world, the draw is a stunning setback.

Portugal's Silvestre Varela netted the final shot of the night, coming over four minutes into stoppage time to shock the leading Americans and keep themselves alive to continue to vie for a berth.

The Yanks came back from a 1-0 halftime deficit to take a 2-1 lead and appeared to be headed for a sure clinch.

First, Jermaine Jones netted a brilliant scoring chance created after a missed shot to tie the match in the 65th minute.

Then, Clint Dempsey scored in the 81st minute, putting the United States just minutes away from clinching another three points.

The momentum created by the U.S. in their win over Ghana last week received a big hit early in Sunday's contest, when Portugal's Nani put his national team on top with a goal just five minutes into the match.

But Team USA was able to create their own momentum, thanks in part to five incredible saves from USA goalkeeper Tim Howard.

By the numbers

0

The United States has still yet to win a World Cup match trailing at the half. They are now 0-14-2 all time. They would've won their first Sunday if they had held on.

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3 Scenarios for US in Germany matchup

World Cup. The draw against Portugal sets up two huge games in Group G on Thursday.

The devastatingly late draw against Portugal sets up Thursday's game against Germany as an all-important game for both sides.

The Germans are also coming off a disappointing result in their second game, though not nearly in the same fashion as the United States. Germany was a big favorite against Ghana and only came out of it with a draw.

Germany will have one advantage on the United States, as they played on Saturday, giving them an extra day of rest over an exhausted United States side coming off a 95th-minute draw.

MARK OSBORNE
@MetroNYSports
mark.osborne@metro.us

U.S. HEAD COACH JURGEN KLINSMANN

1 US wins

The United States is in the knockout round with any win over Germany, regardless of goal differential.

Both teams currently rest atop Group G with four points, though Germany has the differential tie-breaker. Regardless, a win gives the U.S. seven points, which Portugal and Ghana cannot touch win or lose on Thursday.

2 Draw

Oddly enough, both Germany and the United States may be looking for the least-loved result in American sports.

With Ghana or Portugal only able to get four points at maximum, a draw would give both Germany and the United States five points and passage to the Round of 16.

The tiebreaker would be goal differential, and the Germans would take that since they walked over Portugal by four goals in their World Cup opener.

MIROSLAV KLOSE AND GERMANY AWAIT ON THURSDAY AT NOON.

ALL PHOTOS GETTY IMAGES

GERMAN MIDFIELDER MARIO GOTZE

3 Germany wins

The United States isn't necessarily sunk with a Germany win, but it makes things much more complicated.

Germany will take the top spot in the group and the United States would be tied with a Ghana-Portugal winner. If those two side draw, the U.S. advances.

But the U.S. should most be concerned with a Ghana victory, since Portugal has a minus-4 differential and a win is unlikely to get too many of those back. Ghana is at minus-1, so a win coupled with a U.S. loss would be devastating.

World Cup roundup

Kevin Mirallas celebrates Divock Origi's game-winner for Belgium on Sunday. / GETTY IMAGES

Belgium wins late, Algeria routs Koreans

For a full television schedule, visit Metro.us/world-cup.

Belgium locked up a spot in the knockout stage, but they certainly waited long enough to do it.

Divock Origi, a 19-year-old forward who came on in the 57th minute, netted the game-winner in the 88th minute to beat Russia, 1-0, in a battle of the two Group H favorites.

The goal was Origi's first in his international career. It was set up by a nice individual effort from Eden Hazard, who dribbled all the way to the goal line before Origi finished a centering pass.

Belgium leads Group H with six points after beating Algeria in their first game.

Algeria 4, South Korea 2

Algeria bounced back from that opening game loss to Belgium with an easy win over South Korea Sunday.

Algeria spread out the wealth with four different goal scorers in their first World Cup win since 1982.

Islam Slimani scored Algeria's first goal in the 26th minute, while Rafik Halliche scored just two minutes later to make it 2-0. Abdelmoumene Djabou made it 3-0 in the 38th minute. South Korea scored in the 50th minute to make it 3-1, but they never got closer than two goals. METRO

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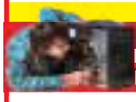

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Frequent BATHROOM TRIPS?

Bell Ezee Flow Herbal Tea #4a

■ **Men** Natural nutritional support for urinary ease & comfort. Relief within 3-5 days from dribbling, discomfort, urgency, poor flow. Instead of getting up many times most need to get up only once or not at all each night. For many years a favorite for mature men. Good sleep helps to have more energy all next day. Also blood flows more easily where it counts for better sex life. Thousands of satisfied repeat customers. No side effects. We have literally hundreds of testimonials.

■ **I was skeptical.** I bought a box and it worked as advertised. Within a week I had relief. *Howard Toy, 69, Henderson, NV* ■ **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. *Angus Pike, Oshawa, ON*

■ **I am truly amazed and relieved.** After 2 weeks I no longer have to get up during the night. I'm enjoying a normal sex life again. I hope a lot of men with a pride issue give this tea a shot. It's difficult to express how delighted I am. *Clarence A. Rehrig, 58, Allentown, PA*

■ **Know the truth.** This is my third year of drinking the Ezee Flow Tea. I highly recommend it. A real life saver. *Thomas M. Thurston, Forsyth, GA.* ■ **Women** suffering with incontinence, UTIs ask for Bladder Control Tea for Women #4b. Guaranteed relief within days. **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

#26

Blood Pressure Formulation

Dr. C. Hammoud M. H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

■ **Bell Blood Pressure Formulation helped me feel great.** Thank you for this wonderful product. *William Oliver, Portsmouth, VA* ■ **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! *Mary Earl, Longview, TX* ■ **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON ■ **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. *Milton Perdomo, 68, Rego Park, NY.* **No need to make claims. Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.**

CLEAR SKIN

Dr. C. Hammoud, Master Herbalist, PhD, guarantees satisfaction. Helps to maintain healthy skin from the inside simply by cleansing the blood, instead of attacking the skin from the outside with creams or washes. *This makes sense. Usually you can see how it benefits your skin within days. *Many people wrote they were surprised how fast it worked. Lots of testimonials from pleased users on our Bell website. There is absolutely no risk for trying Dr. Hammoud's product.

#60

■ **Last couple of years I tried everything.** Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. *Nelisa Royer, 28, Doral, FL* ■ **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. *Christopher Seraphin, 14, Brooklyn, NY.* ■ **It worked.** I no longer have to hide at home, because I was ashamed to be seen. *Agnes Casillas, 60,New York, NY* ■ **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. *Yvette Maclean, 40, Lodi, CA* ■ **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. *Eulalia Isabel Sanchez Martin, 30, Brampton, ON* **Skeptics can call everybody. All are real people like you or your friends.**

#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48%of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like a babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

■ **College professor had lack of good sleeps with many interruptions** for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. *Dr. Anele E. Heiges, 77, New York, NY*

■ **A life changing product.** The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. *Jimmy Pay, 53,Gardendale, AC*

■ **3 Years on Bell Sound Sleep** #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. *Leo Fortin, 60, St-Georges, QC*

■ **Basically you saved my husband's life.** For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. *Bonnie Johnson, 64, Wichita, KS*

■ **My life changed. Sleep now 7-8 hours.** I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. *Carmen V. Caruso, 66, Ann Arbor, MI* **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

■ ***AVAILABLE IN MANHATTAN:*** **New Life Nutritional Centre** 714 W. 181 St. **Cash Rx Plus** 746 10th Ave. @ W 51st St **Cordette Drugs** 55 W 39th St @ 6th Ave. **Cross County Pharmacy** 1514 Madison Ave. @ 103rd **Food For Health** 1653 3rd Ave. **New London Pharmacy** 246 8th Ave@ 23rd St. **A Matter of Health** 1478 1st Ave. @ E 77th St. **Ajanta Pharmacy** 2718 8th Ave. @ 145th St **Arrow Pharmacy** 883 9th Ave. @ 57th St. **Blake Pharmacy** 1868 3rd Ave. @ 103rd St. **Bliss Pharmacy** 1590 Madison Ave. @ 107th St. **C & C Nutrition** 561 W 179th St. @ St. Nicholas Ave. **Dile Punab Deli** 170 9th ave @20th @21st ST. **Harlem RX Pharmacy** 102W. 116TH St. **Health IS Wealth** 184 7th Ave. **Earth Matters** 177 Ludlow St. @Houston St. **Elm Health** 1695 1st Ave. @ E 88th St. **Metro Drugs** 7 West 14th St. near 5th Ave. **Metro Drugs** 931 Lexington Ave. @ 68th St. **#92 Pharmacy** 1938 2nd Ave @ E. 100th St. **VLV Med Pharmacy** 4085 Broadway St. **Earth Matters** 177 Ludlow St. @ Houston St. **Gary Null"s Uptown Whole Foods** 2421 Broadway St. **Health Harvest** 820 2nd Ave. **Natural Green Market** 162 3rd Ave. **Pro Health Pharmacy** 385 2nd Ave. **Pro Health Pharmacy** 370 Lexington Ave.

■ ***AVAILABLE IN ALL BOROUGHS OF NEW YORK CITY CALL US FOR FURTHER INFORMATION:***

BELL

In other towns try your local health food stores first. If they don't have it and don't want to order it for you, order on our website or call us with Visa or Mastercard. S & H $9.95.

www.BellLifestyle.com 1-800-333-7995

Bell uses the power of nature to help put life back into your lifestyle